

**III PIKNIK BIEGOWY „DLA AUTYZMU” - 5kmNW**

Miejsce: MALBORK - 2018-04-14

Organizator: Stowarzyszenie Pomocy Osobom Autystycznym i Osobom z Trudnościami w Komunikowaniu Się w Malborku



| M-ce | Numer | Nazwisko     | Imię        | Płeć | M-ce M/K | Rok ur | Kat.          | M-ce kat. M/K | Miejscowość | Klub                           | DYSTANS | Wynik   | Prędkość km/h | Tempo min/km |
|------|-------|--------------|-------------|------|----------|--------|---------------|---------------|-------------|--------------------------------|---------|---------|---------------|--------------|
| 1    | 398   | GWIZDAŁA     | ZBIGNIEW    | M    | 1        | 1967   | M 46 i więcej | 1             | GOŁĄBEK     |                                | 5kmNW   | 0:33:06 | 9,06          | 06:37        |
| 2    | 378   | TOPOREK      | RAFAŁ       | M    | 2        | 1977   | M 36-45       | 1             | PRZODKOWO   | TEAM DEAF                      | 5kmNW   | 0:34:34 | 8,68          | 06:55        |
| 3    | 394   | JANKOWSKI    | MARCIN      | M    | 3        | 1976   | M 36-45       | 2             | ELBLĄG      | NORDIC WALKING PASŁĘK          | 5kmNW   | 0:36:11 | 8,29          | 07:14        |
| 4    | 354   | ŚWISŁOCKI    | BOGDAN      | M    | 4        | 1962   | M 46 i więcej | 2             | MIKOSZEWO   | FACE NORDIC WALKING TEAM       | 5kmNW   | 0:36:44 | 8,17          | 07:21        |
| 5    | 385   | BUJNICKI     | MARCIN      | M    | 5        | 1976   | M 36-45       | 3             | PASŁĘK      | NORDIC WALKING PASŁĘK          | 5kmNW   | 0:38:01 | 7,89          | 07:36        |
| 6    | 389   | WIŚNIEWSKI   | RAFAŁ       | M    | 6        | 1985   | M 0-35        | 1             | SOPOT       |                                | 5kmNW   | 0:38:39 | 7,76          | 07:44        |
| 7    | 393   | PIĄTEK       | DAREK       | M    | 7        | 1975   | M 36-45       | 4             | GNIEWINO    | NORDIC WALKING PASŁĘK          | 5kmNW   | 0:39:07 | 7,67          | 07:49        |
| 8    | 379   | TOPOREK      | ALEKSANDRA  | K    | 1        | 1970   | K 46 i więcej | 1             | PRZODKOWO   | TEAM DEAF                      | 5kmNW   | 0:39:16 | 7,64          | 07:51        |
| 9    | 397   | PIERZCHAŁA   | MAREK       | M    | 8        | 1958   | M 46 i więcej | 3             | LUZINO      |                                | 5kmNW   | 0:40:07 | 7,48          | 08:01        |
| 10   | 367   | KUSIAK       | WŁODZIMIERZ | M    | 9        | 1950   | M 46 i więcej | 4             | GDAŃSK      | CHODZĘ Z KIJAMI PL. ELITE TEAM | 5kmNW   | 0:40:31 | 7,40          | 08:06        |
| 11   | 376   | DŁUGI        | PATRYCJA    | K    | 2        | 1986   | K 0-35        | 1             | SMOLNO      | TEAM DEAF                      | 5kmNW   | 0:41:04 | 7,31          | 08:13        |
| 12   | 382   | MAZURKIEWICZ | ANTONI      | M    | 10       | 1950   | M 46 i więcej | 5             | RYJEWO      |                                | 5kmNW   | 0:41:09 | 7,29          | 08:14        |
| 13   | 380   | AMBROZIAK    | ANNA        | K    | 3        | 1983   | K 0-35        | 2             | MALBORK     | SOSW MALBORK                   | 5kmNW   | 0:41:18 | 7,26          | 08:16        |
| 14   | 352   | KOSIANOWSKA  | MONIKA      | K    | 4        | 1969   | K 46 i więcej | 2             | MALBORK     | GRUPA MALBORK                  | 5kmNW   | 0:41:33 | 7,22          | 08:19        |
| 15   | 360   | KWAPISIEWICZ | JOANNA      | K    | 5        | 1972   | K 46 i więcej | 3             | MIKOSZEWO   |                                | 5kmNW   | 0:41:40 | 7,20          | 08:20        |
| 16   | 373   | ZIENTKIEWICZ | WITOLD      | M    | 11       | 1970   | M 46 i więcej | 6             | BANINO      | DRUŻYNA SŁONECZNEGO PORANKA    | 5kmNW   | 0:42:15 | 7,10          | 08:27        |
| 17   | 362   | LIS          | JACEK       | M    | 12       | 1977   | M 36-45       | 5             | BORKOWO     |                                | 5kmNW   | 0:42:15 | 7,10          | 08:27        |
| 18   | 384   | BUJNICKA     | MAGDALENA   | K    | 6        | 2005   | K 0-35        | 3             | PASŁĘK      | NORDIC WALKING PASŁĘK          | 5kmNW   | 0:42:27 | 7,07          | 08:29        |
| 19   | 361   | KRÓL         | JOANNA      | K    | 7        | 1972   | K 46 i więcej | 4             | MIKOSZEWO   |                                | 5kmNW   | 0:42:34 | 7,05          | 08:31        |
| 20   | 399   | GRABOWSKA    | ANETA       | K    | 8        | 1980   | K 36-45       | 1             | MALBORK     | SZKOŁA PODSTAWOWA NR 3 MALBORK | 5kmNW   | 0:43:03 | 6,97          | 08:37        |
| 21   | 388   | GÓRA         | BEATA       | K    | 9        | 1971   | K 46 i więcej | 5             | GDAŃSK      |                                | 5kmNW   | 0:43:04 | 6,97          | 08:37        |
| 22   | 358   | KORDECKA     | MAŁGORZATA  | K    | 10       | 1981   | K 36-45       | 2             | MIKOSZEWO   |                                | 5kmNW   | 0:43:16 | 6,93          | 08:39        |
| 23   | 374   | KOSTENCKA    | AGA         | K    | 11       | 1971   | K 46 i więcej | 6             | BANINO      | DRUŻYNA SŁONECZNEGO PORANKA    | 5kmNW   | 0:43:23 | 6,92          | 08:41        |
| 24   | 359   | RĘBOWSKA     | AGNIESZKA   | K    | 12       | 1985   | K 0-35        | 4             | PASŁĘK      | ACTIVE FAMILY PASŁĘK           | 5kmNW   | 0:44:38 | 6,72          | 08:56        |
| 25   | 377   | MILKOWSKA    | JOLANTA     | K    | 13       | 1969   | K 46 i więcej | 7             | GDYNIA      | TEAM DEAF                      | 5kmNW   | 0:45:03 | 6,66          | 09:01        |
| 26   | 387   | KMIEĆ        | EDWARD      | M    | 13       | 1947   | M 46 i więcej | 7             | MALBORK     |                                | 5kmNW   | 0:45:16 | 6,63          | 09:03        |
| 27   | 386   | KMIEĆ        | KRYSTYNA    | K    | 14       | 1955   | K 46 i więcej | 8             | MALBORK     |                                | 5kmNW   | 0:45:16 | 6,63          | 09:03        |
| 28   | 371   | MALISZEWSKI  | MAREK       | M    | 14       | 1957   | M 46 i więcej | 8             | ELBLĄG      |                                | 5kmNW   | 0:45:34 | 6,58          | 09:07        |

**III PIKNIK BIEGOWY „DLA AUTYZMU” - 5kmNW**

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| M-ce | Numer      | Nazwisko          | Imię       | Płeć | M-ce<br>M/K | Rok ur | Kat.          | M-ce kat.<br>M/K | Miejscowość | Klub                     | DYST<br>ANS | Wynik          | Prędkość<br>km/h | ×      | Tempo<br>min/km | ×        |
|------|------------|-------------------|------------|------|-------------|--------|---------------|------------------|-------------|--------------------------|-------------|----------------|------------------|--------|-----------------|----------|
| 29   | <b>375</b> | DŁUGI             | BEATA      | K    | 15          | 1985   | K 0-35        | 5                | SMOLNO      | TEAM DEAF                | 5kmNW       | <b>0:45:48</b> | 6,55             | [km/h] | 09:10           | [min/km] |
| 30   | <b>356</b> | FISZER            | JUSTYNA    | K    | 16          | 1983   | K 0-35        | 6                | MIKOSZEWO   |                          | 5kmNW       | <b>0:45:59</b> | 6,52             | [km/h] | 09:12           | [min/km] |
| 31   | <b>347</b> | KOPCZYK           | BOŻENA     | K    | 17          | 1965   | K 46 i więcej | 9                | MALBORK     |                          | 5kmNW       | <b>0:46:18</b> | 6,48             | [km/h] | 09:16           | [min/km] |
| 32   | <b>363</b> | SMILGIN           | EWA        | K    | 18          | 1961   | K 46 i więcej | 10               | MALBORK     |                          | 5kmNW       | <b>0:46:38</b> | 6,43             | [km/h] | 09:20           | [min/km] |
| 33   | <b>396</b> | OBSZAŃSKA         | MAŁGORZATA | K    | 19          | 1968   | K 46 i więcej | 11               | PASŁĘK      | NORDIC WALKING PASŁĘK    | 5kmNW       | <b>0:46:39</b> | 6,43             | [km/h] | 09:20           | [min/km] |
| 34   | <b>366</b> | KULCZYCKI         | JAN        | M    | 15          | 1950   | M 46 i więcej | 9                | GDAŃSK      |                          | 5kmNW       | <b>0:47:11</b> | 6,36             | [km/h] | 09:26           | [min/km] |
| 35   | <b>392</b> | RUMKOWSKI         | HENRYK     | M    | 16          | 1952   | M 46 i więcej | 10               | GDYNIA      |                          | 5kmNW       | <b>0:47:16</b> | 6,35             | [km/h] | 09:27           | [min/km] |
| 36   | <b>349</b> | FORYŚ             | KATARZYNA  | K    | 20          | 1983   | K 0-35        | 7                | KWIDZYN     |                          | 5kmNW       | <b>0:47:28</b> | 6,32             | [km/h] | 09:30           | [min/km] |
| 37   | <b>348</b> | TUCHUŁKA          | ANETA      | K    | 21          | 1974   | K 36-45       | 3                | MALBORK     |                          | 5kmNW       | <b>0:47:46</b> | 6,28             | [km/h] | 09:33           | [min/km] |
| 38   | <b>345</b> | DEOROCKA          | JUSTYNA    | K    | 22          | 1979   | K 36-45       | 4                | MALBORK     |                          | 5kmNW       | <b>0:48:01</b> | 6,25             | [km/h] | 09:36           | [min/km] |
| 39   | <b>364</b> | SMYL              | MAŁGORZATA | K    | 23          | 1974   | K 36-45       | 5                | GDAŃSK      | -                        | 5kmNW       | <b>0:48:20</b> | 6,21             | [km/h] | 09:40           | [min/km] |
| 40   | <b>368</b> | KUSIAK            | MARIA      | K    | 24          | 1952   | K 46 i więcej | 12               | GDAŃSK      |                          | 5kmNW       | <b>0:48:34</b> | 6,18             | [km/h] | 09:43           | [min/km] |
| 41   | <b>350</b> | CZERWIEC          | MAGDALENA  | K    | 25          | 1984   | K 0-35        | 8                | KWIDZYN     |                          | 5kmNW       | <b>0:48:40</b> | 6,16             | [km/h] | 09:44           | [min/km] |
| 42   | <b>391</b> | KREFFT            | LIDIA      | K    | 26          | 1969   | K 46 i więcej | 13               | GDYNIA      |                          | 5kmNW       | <b>0:48:48</b> | 6,15             | [km/h] | 09:46           | [min/km] |
| 43   | <b>390</b> | WOJCIK            | EWA WOJCIK | M    | 17          | 1981   | M 36-45       | 6                | SOSNOWIEC   |                          | 5kmNW       | <b>0:48:48</b> | 6,15             | [km/h] | 09:46           | [min/km] |
| 44   | <b>353</b> | ZABROCKA          | BOGUMIŁA   | K    | 27          | 1952   | K 46 i więcej | 14               | CZECZEWO    |                          | 5kmNW       | <b>0:49:25</b> | 6,07             | [km/h] | 09:53           | [min/km] |
| 45   | <b>383</b> | ROGULSKA          | ANNA       | K    | 28          | 1978   | K 36-45       | 6                | PASŁĘK      | NORDIC WALKING PASŁĘK    | 5kmNW       | <b>0:49:36</b> | 6,05             | [km/h] | 09:55           | [min/km] |
| 46   | <b>369</b> | BIGUS             | TOMASZ     | M    | 18          | 1971   | M 46 i więcej | 11               | RUMIA       |                          | 5kmNW       | <b>0:49:58</b> | 6,00             | [km/h] | 10:00           | [min/km] |
| 47   | <b>370</b> | GOMÓŁKA-BIGUS     | MONIKA     | K    | 29          | 1971   | K 46 i więcej | 15               | GDYNIA      |                          | 5kmNW       | <b>0:49:59</b> | 6,00             | [km/h] | 10:00           | [min/km] |
| 48   | <b>381</b> | BURDYŃSKA         | MONIKA     | K    | 30          | 1981   | K 36-45       | 7                | DZIERZGOŃ   |                          | 5kmNW       | <b>0:50:12</b> | 5,98             | [km/h] | 10:02           | [min/km] |
| 49   | <b>372</b> | KUŚ               | ELŻBIETA   | K    | 31          | 1960   | K 46 i więcej | 16               | ELBLĄG      |                          | 5kmNW       | <b>0:50:38</b> | 5,92             | [km/h] | 10:08           | [min/km] |
| 50   | <b>395</b> | CHARMUSZKO        | IZABELA    | K    | 32          | 1972   | K 46 i więcej | 17               | PASŁĘK      | NORDIC WALKING PASŁĘK    | 5kmNW       | <b>0:50:53</b> | 5,90             | [km/h] | 10:11           | [min/km] |
| 51   | <b>357</b> | KOMOROWSKA-FISZER | IWONA      | K    | 33          | 1983   | K 0-35        | 9                | MIKOSZEWO   |                          | 5kmNW       | <b>0:50:55</b> | 5,89             | [km/h] | 10:11           | [min/km] |
| 52   | <b>365</b> | DUDOWICZ          | TADEUSZ    | M    | 19          | 1950   | M 46 i więcej | 12               | PASŁĘK      | NORD WALK PASŁĘK         | 5kmNW       | <b>0:51:02</b> | 5,88             | [km/h] | 10:12           | [min/km] |
| 53   | <b>400</b> | GNYBA             | EWELINA    | K    | 34          | 1986   | K 0-35        | 10               | STĘŻYCA     | METROŻERCY               | 5kmNW       | <b>0:52:41</b> | 5,69             | [km/h] | 10:32           | [min/km] |
| 54   | <b>351</b> | POSIM             | BOGUMIŁA   | K    | 35          | 1966   | K 46 i więcej | 18               | DUBIEL      |                          | 5kmNW       | <b>0:55:07</b> | 5,44             | [km/h] | 11:01           | [min/km] |
| 55   | <b>346</b> | DĄBROWSKA-SIKORA  | BARBARA    | K    | 36          | 1965   | K 46 i więcej | 19               | MALBORK     | -                        | 5kmNW       | <b>0:57:38</b> | 5,21             | [km/h] | 11:32           | [min/km] |
| 56   | <b>355</b> | ŚWISŁOCKA         | EWA        | K    | 37          | 1966   | K 46 i więcej | 20               | MIKOSZEWO   | FACE NORDIC WALKING TEAM | 5kmNW       | <b>0:57:39</b> | 5,20             | [km/h] | 11:32           | [min/km] |